

Healthy Eating Recipe Book

Watch out for members of 6L who will be selling their recipe books on 15th June during Sports Day and in Pre-Prep Playground at the beginning and end of the day.

The enterprising youngsters have set a target to sell 115 books before the end of term to raise money for a great charity. Currently we have yet to cover our initial outlay and it is essential that we make as much profit as possible for 'Action For Children'.

The recipe book was carefully researched by the class who undertook to bake 'healthy treats' and to taste and review them. They interviewed the school chef, Kevin to gather some basic ideas about the essence of good health in snacks. They learnt to try to avoid refined sugars, fats and white flour and they experimented with ingredients that offered natural sweetness in a more unrefined form such as dates.

Every step of the project has been a challenge and it has involved much discussion, compromise and effort. We had a wonderful launch on the first day of term and our parents bought some copies. Our initial plea for buyers through the newsletter generated only a few orders. We are really hoping that you will consider bringing £5 with you on Sports Day in order to support our worthy cause. If we run out of stock on the day we will be able to re-order an exact number of books to support your demands.

The recipe book is a compilation of some tasty yet healthy alternatives that you might like to create for your children. The best part of this project has been the opportunity to cook at home with the help of an adult. Perhaps you might consider spending special time with your children, enjoying the experience of cooking together and trying some of our recipes.

'Try the mint ice cream made with frozen banana...it is miraculous to think that it mimics real ice cream without any of the unhealthy ingredients.'



Mrs North